**Facility Name is currently experiencing an outbreak of norovirus**

**What is norovirus?**

Norovirus is a very contagious virus that causes vomiting and diarrhea. It is sometimes called the "stomach flu" or the "stomach bug." However, norovirus illness is not related to the flu.

**What are the symptoms and duration of illness?**

The most common symptoms of norovirus are diarrhea, vomiting, nausea, and stomach pain. Other symptoms may include fever, headache and body aches. Norovirus can lead to dehydration, especially in older adults. Most people with norovirus get better within 1 to 3 days; but they can still spread the virus for a few days after.

**How is norovirus spread?**

Norovirus spreads very easily and quickly in several different ways:

* Having direct contact with someone with norovirus
* Eating food or drinking liquids that are contaminated with norovirus
* Touching surfaces or objects contaminated with norovirus and then touching your mouth without washing your hands.

A person usually develops symptoms of norovirus 12-48 hours after being exposed.

**How can I protect myself and others from norovirus?**

***The most important thing you can do to protect yourself is to wash your hands with soap and water.*** Hand sanitizer is not as effective against norovirus.

* ***Residents***: If you are not feeling well, please let your nurse know.
* ***Staff***: If you are not feeling well, please let your supervisor know. Staff with symptoms of norovirus should stay home from work until at least 48 hours after symptoms resolve.
* ***Visitors***: If you are sick with symptoms of norovirus, please defer all non-essential visitation until at least 48 hours after symptoms resolve. Please also refrain from bringing in treats or other outside food items.

**What is Facility Name doing to protect the health and safety of residents, staff, and visitors?**

* Temporarily cancelling all communal dining and group activities
* Increasing the frequency of cleaning residents’ rooms and common areas
* Providing therapies in individual resident rooms
* Providing resident activities to do in their rooms that do not require shared materials
* Providing education about norovirus to staff, residents, and visitors
* Increasing monitoring of residents and staff for signs and symptoms of norovirus
* Encouraging staff members to stay home when they are sick
* Frequent communication with the Chicago Department of Public Health

**For more information, please visit** [**https://www.cdc.gov/norovirus/**](https://www.cdc.gov/norovirus/)